

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

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### A230 – SWEET POTATOES, FRESH, WHOLE, CASE



### Nutrition Information

Sweet potato, baked in skin, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 1 whole fresh sweet potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Approximately 40 lbs per case.</li> <li>One lb AP yields 0.80 lb ready-to-cook sweet potato without skin OR 0.61 lb (about 1<math>\frac{2}{3}</math> cups) baked sweet potato without skin and provides about 6.60 <math>\frac{1}{4}</math>-cup servings baked sweet potato without skin OR about 1<math>\frac{3}{8}</math> cups cooked, mashed sweet potato and provides about 5.50 <math>\frac{2}{3}</math>-cup servings cooked, mashed sweet potato OR about 2<math>\frac{1}{4}</math> cups cooked, sliced sweet potato and provides about 9.10 <math>\frac{1}{4}</math>-cup servings cooked, sliced sweet potato.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup cooked sweet potato (with skin, without skin, mashed, or sliced) provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Do not store sweet potatoes in the refrigerator. Sweet potatoes should be stored in a cool (55 °F to 60 °F) dry place, never in the refrigerator.</li> <li>Sweet potatoes can be kept a month or longer at 55 °F. If stored at room temperature, they should be used within a week.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	$\frac{1}{4}$ cup (50 g)	$\frac{1}{2}$ cup (100 g)
Calories	45	90
Protein	1.00 g	2.01 g
Carbohydrate	10.36 g	20.71 g
Dietary Fiber	1.6 g	3.3 g
Sugars	4.22 g	8.44 g
Total Fat	0.07 g	0.15 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.34 mg	0.69 mg
Calcium	19 mg	38 mg
Sodium	18 mg	36 mg
Magnesium	14 mg	27 mg
Potassium	238 mg	475 mg
Vitamin A	9609 IU	19218 IU
Vitamin A	480 RAE	916 RAE
Vitamin C	9.8 mg	19.6 mg
Vitamin E	0.35 mg	0.71 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Scrub sweet potatoes thoroughly before using to remove any dirt.</li> <li>• TO BAKE: Select firm, uniform size potatoes. Wash gently but thoroughly and trim if necessary. Brush with oil or wrap in foil. Prick the skin and bake at 400 °F for 40-50 min, or until soft.</li> <li>• TO STEAM: Slice ¼ in. thick. Steam over boiling water for 6-10 min, until tender-crisp.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Sweet potatoes may be baked, boiled, steamed, or cooked in the microwave.</li> <li>• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> <li>• Cinnamon, brown sugar, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for flavor.</li> <li>• Substitute mashed sweet potatoes in recipes calling for pumpkin puree.</li> <li>• Sweet potatoes (whole, cuts, or mashed) may be cooked plain or with spices, other vegetables or fruits.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Wash sweet potato thoroughly before cooking.</li> <li>• Cook fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>